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WHOLE WHEAT CHOWDER

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Whole wheat, says the Bureau of Home Economics of the U.S. Department of Agriculture, contains proteins, minerals, and vitamins (especially vitamin B). The wheat germ is the most nutritious portion of the grain, but it lies in a very exposed position at one end and side of the kernel, and is taken off along with the bran coat when wheat is milled into flour.

So the bureau recommends using the whole wheat grain, particularly when food supplies are limited. One midwestern city found whole wheat very advantageous in feeding undernourished school children. At the feed store, clean wheat may cost 3 cents a pound, but will probably cost less in most localities.

To cook the whole grain first soak it overnight, then boil it gently for 3 or 4 hours, or until it is tender and no uncooked starchy flavor is present. After cooking, the whole wheat may be used in many appetizing dishes. A recipe for whole wheat chowder is given below.

Whole-wheat Chowder

2 cups diced carrots	1 pint milk
1 pint boiling water	3 cups cooked whole wheat
1/2 cup diced salt pork	1 teaspoon salt
4 tablespoons chopped onion	Pepper
1 tablespoon flour	

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

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